



Single Session Nutrition Education Classes (SSNEC)

All Ages

Description: Single Session Nutrition Education Classes offer a menu of over ten different lessons, based on the 2010 Dietary Guidelines for Americans. Each class highlights key nutrition concepts accompanied by hands on cooking demonstrations and food tastings. Lessons can be taught as an individual class or as a series of multiple classes.

Goal: To provide participants of all ages with the knowledge they need to choose and prepare healthy food and beverages on a limited budget.

Program Highlights:

- Instruction by a trained nutrition professional
- Interactive, fun, and engaging topics
- Food tastings

Topics:

- Food and kitchen safety
- Choosing healthier options on a limited budget
- Learning how to grow your own fruits and vegetables
- Making celebrations fun, healthy and active
- Healthy eating for vegetarians
- Healthy eating for young children

For More Information contact your local Healthy Maine Partnership or contact Maine SNAP-Ed at 207-221-4560 or Mainesnap-ed@une.edu